

Regiocup1 Bilzen: Session: 1: COACH evaluation sheet for TEAM: LIZV

Coachinfo: Warming up from: 13:15 untill 13:55. Teamleadmeeting @ The listed starttimes are indicative!

PB => Personal Best time

SB => Seasons Best time: Season starting point: first of September.

Event number: 1: 200M FREESTYLE WOMEN 11+							Heat:6, starttime: 14:20	
Heat: 6/9 Lane : 4 Athlete: PAULUSSEN SABINE							Q-time: 02:44:95	
PB (25m pool): 02:43.72 Mol 29/12/2024			PB (50m pool): no time SB: 02:44.55 Mol 28/12/2025					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:38.65		01:19.86		02:02.78		02:43.72
	00:38.65		00:41.21		00:42.92		00:40.94	
								

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11+					Heat:1, starttime: 15:02
Heat: 1/6 Lane : 1 Athlete: FRANSSEN KATRIJN				Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11+					Heat:1, starttime: 15:02	
Heat: 1/6 Lane : 6 Athlete: WALSCHOT ALICIA					Q-time: 99:99:99	
PB (25m pool): 01:51.61 Mol 28/12/2025			PB (50m pool): no time SB: 01:51.61 Mol 28/12/2025			
	2 5 M	5 0 M	7 5 M	1 0 0 M		
PB		00:53.20		01:51.61		
	00:53.20		00:58.41			
						

Coach feedback:

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Event number: 5: 100M BREASTSTROKE MEN 11+					Heat:1, starttime: 15:16
Heat: 1/7 Lane : 4 Athlete: AGTEN JARNO					Q-time: 99:99:99
PB (25m pool): 01:39.28 Mol 28/12/2025					PB (50m pool): no time SB: 01:39.28 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.07		01:39.28	
	00:46.07		00:53.21		
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE MEN 11+					Heat:2, starttime: 15:19
Heat: 2/7 Lane : 4 Athlete: KIRKELS JOCHEM					Q-time: 99:99:99
PB (25m pool): no time					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE MEN 11+					Heat:2, starttime: 15:19
Heat: 2/7 Lane : 5 Athlete: DUBOIS MELS					Q-time: 99:99:99
PB (25m pool): 01:47.23 Mol 28/12/2025					PB (50m pool): 01:59.01 SB: 01:47.23 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:51.38		01:47.23	
	00:51.38		00:55.85		
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE MEN 11+					Heat:3, starttime: 15:22
Heat: 3/7 Lane : 3 Athlete: VANDEWAL NOAH					Q-time: 99:99:99
PB (25m pool): no time					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

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Event number: 6: 50M BACKSTROKE WOMEN 11+			Heat:1, starttime: 15:49
Heat: 1/7 Lane : 5 Athlete: FRANSSEN KATRIJN			Q-time: 99:99:99
PB (25m pool): no time PB (50m pool): no time SB: no time			
	2 5 M	5 0 M	
PB		no time	
	no time		
			

Coach feedback:

Event number: 6: 50M BACKSTROKE WOMEN 11+			Heat:2, starttime: 15:50
Heat: 2/7 Lane : 6 Athlete: COLSON FLEUR			Q-time: 99:99:99
PB (25m pool): no time PB (50m pool): 00:42.87 SB: no time			
	2 5 M	5 0 M	
PB		no time	
	no time		
			

Coach feedback:

Event number: 6: 50M BACKSTROKE WOMEN 11+			Heat:3, starttime: 15:51
Heat: 3/7 Lane : 6 Athlete: WALSCHOT ALICIA			Q-time: 99:99:99
PB (25m pool): no time PB (50m pool): no time SB: no time			
	2 5 M	5 0 M	
PB		no time	
	no time		
			

Coach feedback:

Event number: 7: 50M BACKSTROKE MEN 11+			Heat:2, starttime: 15:59
Heat: 2/6 Lane : 4 Athlete: AGTEN JARNO			Q-time: 99:99:99
PB (25m pool): no time PB (50m pool): no time SB: no time			
	2 5 M	5 0 M	
PB		no time	
	no time		
			

Coach feedback:

Regiocup1 Bilzen: Session: 1: COACH evaluation sheet for TEAM: LIZV

Event number: 7: 50M BACKSTROKE MEN 11+				Heat:2, starttime: 15:59
Heat: 2/6 Lane : 5 Athlete: VANDEWAL NOAH				Q-time: 99:99:99
PB (25m pool): no time		PB (50m pool): no time SB: no time		
	2 5 M	5 0 M		
PB		no time		
	no time			
				

Coach feedback:

Event number: 9: 100M MEDLEY WOMEN 11+					Heat:1, starttime: 16:28
Heat: 1/11 Lane : 3 Athlete: COLSON FLEUR					Q-time: 99:99:99
PB (25m pool): no time		PB (50m pool): no time SB: no time			
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 9: 100M MEDLEY WOMEN 11+					Heat:8, starttime: 16:44
Heat: 8/11 Lane : 2 Athlete: PAULUSSEN SABINE					Q-time: 01:28:72
PB (25m pool): 01:28.72 Lommel 02/03/2025		PB (50m pool): no time SB: no time			
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.19		01:28.72	
	00:43.19		00:45.53		
					

Coach feedback:

Event number: 10: 100M MEDLEY MEN 11+					Heat:3, starttime: 16:57
Heat: 3/9 Lane : 6 Athlete: KIRKELS JOCHEM					Q-time: 99:99:99
PB (25m pool): no time		PB (50m pool): no time SB: no time			
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

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Event number: 10: 100M MEDLEY MEN 11+					Heat:6, starttime: 17:04
Heat: 6/9 Lane : 3 Athlete: DUBOIS MELS					Q-time: 01:30:18
PB (25m pool): 01:30.18 Lommel 02/03/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.01		01:30.18	
	00:42.01		00:48.17		
					

Coach feedback: